TONY ROBBINS

THE BODY YOU DESERVE® Summary Cards

Dear friend,

Congratulations for making a significant step toward creating a new reality for yourself!

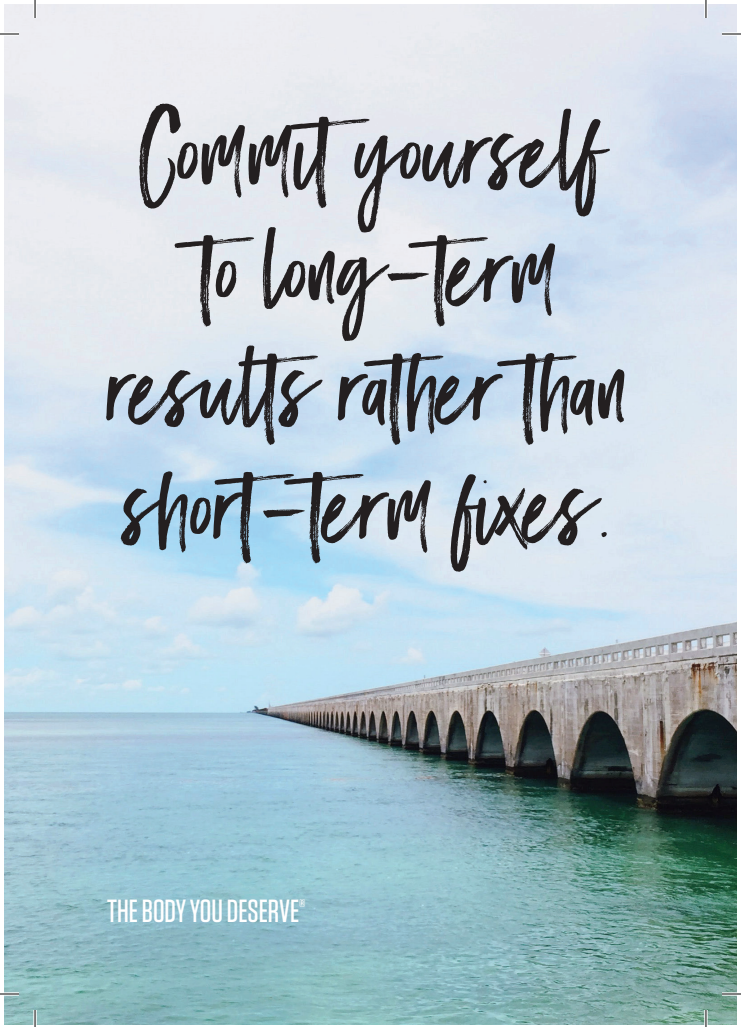
This program is designed to help you develop new healthy habits of thinking and behavior that will get you the results you desire long-term.

These Summary Cards are here as your companion throughout the process. Each day of the program, grab the card that inspires you, and use it to help you follow through.

The effort you put in now will be rewarded as you discover *The Body You Deserve*. And by committing yourself to this program, you are already part way there!

Live with Passion!

Tony Robbins


Commit yourself
to long-term
results rather than
short-term fixes.
THE BODY YOU DESERVE®

3 STEPS TO LASTING CHANGE

Step 1: Raise Your Standards
Make your goal a MUST, not just a desire.

Step 2: Change Your Limiting Beliefs
The only enemy you have in creating change is doubt.

Step 3: Change Your Strategy
Create a step-by-step procedure to gain The Body You Deserve® – for life!

THE 6 STEPS OF NEURO-ASSOCIATIVE CONDITIONING®

1. Decide What You Really Want.
2. Get Leverage. Make the Change a MUST.
3. Interrupt the Limiting Pattern.
4. Create a New, Empowering, Alternative Pattern.
5. Condition the New Pattern Until It's Consistent.
6. Test It.

BONUS: Create a Peer Group That Reinforces the New Pattern.

Nothing tastes as good as thin, healthy and vital feels!
THE BODY YOU DESERVE

CHARACTERISTICS OF SUCCESS (PART 1)

1. **I *must* do it:** *I've reached my threshold. It must change.*
2. ***I* must do it:** *I take full responsibility for creating the body I deserve.*
3. **I *can* do it:** *My belief in my ability to be trim now is the #1 predictor of my success!*
4. **The past does not equal the future.** *The only thing holding me back is my story about why I can't achieve my goal.*
5. **I'm prepared. I have an effective strategy.** *I'm committed and I will find a way.*

CHARACTERISTICS OF SUCCESS (PART 2)

6. **Becoming trim is a challenge.** *I look forward to overcoming my challenge. It provides me the opportunity to grow.*
7. **I am not my behavior.** *I'm a human being, not a human doing.*
8. **I concentrate my power on my challenges.** *When I focus my time and effort on one outcome, I concentrate my power.*
9. **I have realistic goals.** *I have a realistic expectation of what I can achieve and the rate at which I can achieve it.*
10. **I'm going to enjoy the process.** *Becoming trim is too important to be treated seriously. I'm going to have fun along the way!*

GOLDEN NUGGET: CANI!

Make a commitment to CANI!:

Constant
And
Never-ending
Improvement

SEEKING OUT AND LEARNING FROM SUCCESSFUL ROLE MODELS WILL PROVIDE THE REFERENCES TO KEEP YOU ON A PATH OF CANI!

A breakthrough is a moment in time when the impossible becomes possible.

It's when something happens that shapes and moves you. It's the moment when you finally take massive action and transform your life.

GET LEVERAGE TO MAKE CHANGE A MUST

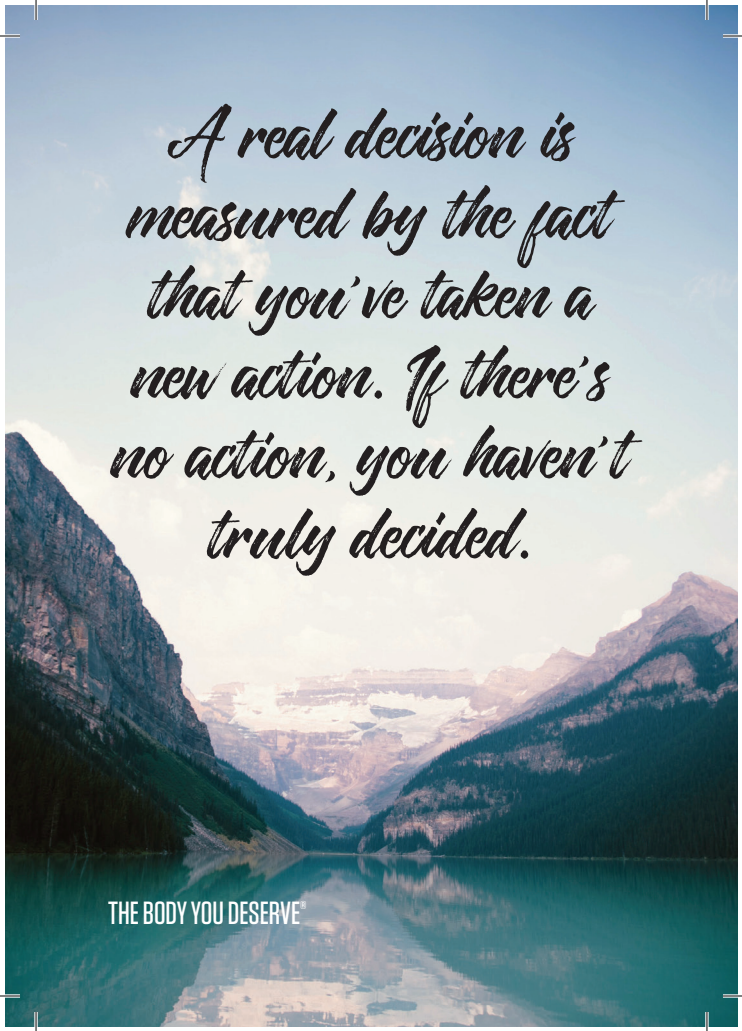
Increase leverage by:

- Wearing an article of clothing that is one size too small
- Writing commitment letters to three people you respect
- Getting a buddy and losing fat together
- Carrying a bag that weighs the same as the amount of fat you want to lose around with you for 24 hours

THE ULTIMATE SUCCESS FORMULA

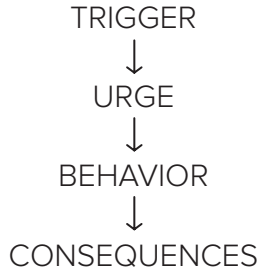
1. Know what you really want (**your outcome**) and the reasons why (**your purpose**).
2. Take **massive** action!
3. Notice what's happening as a **result** of your action.
4. **Change your approach** until you get results.

THERE IS ALWAYS A WAY TO ACHIEVE ANY OUTCOME YOU DESIRE IN LIFE IF YOU'RE COMMITTED.


A real decision is measured by the fact that you've taken a new action. If there's no action, you haven't truly decided.
THE BODY YOU DESERVE®

THE BEHAVIOR CHAIN

Consequences right after the behavior have more power than delayed consequences.



THAT'S WHY IT'S CRUCIAL TO BRING THE NEGATIVE CONSEQUENCES OF EATING THAT CANDY BAR VIVIDLY INTO THE PRESENT WITH YOUR MENTAL FOCUS!

BREAK THE BEHAVIOR CHAIN AT THE TRIGGER LINK

The three types of triggers signaling you to eat:

1. **External cues:** *Sights, sounds, touches, tastes that exist in the external world.*
2. **Mental cues**: *Sights, sounds, feelings, tastes and smells that you create internally.*
3. **Physical cues:** *Physically being hungry.*

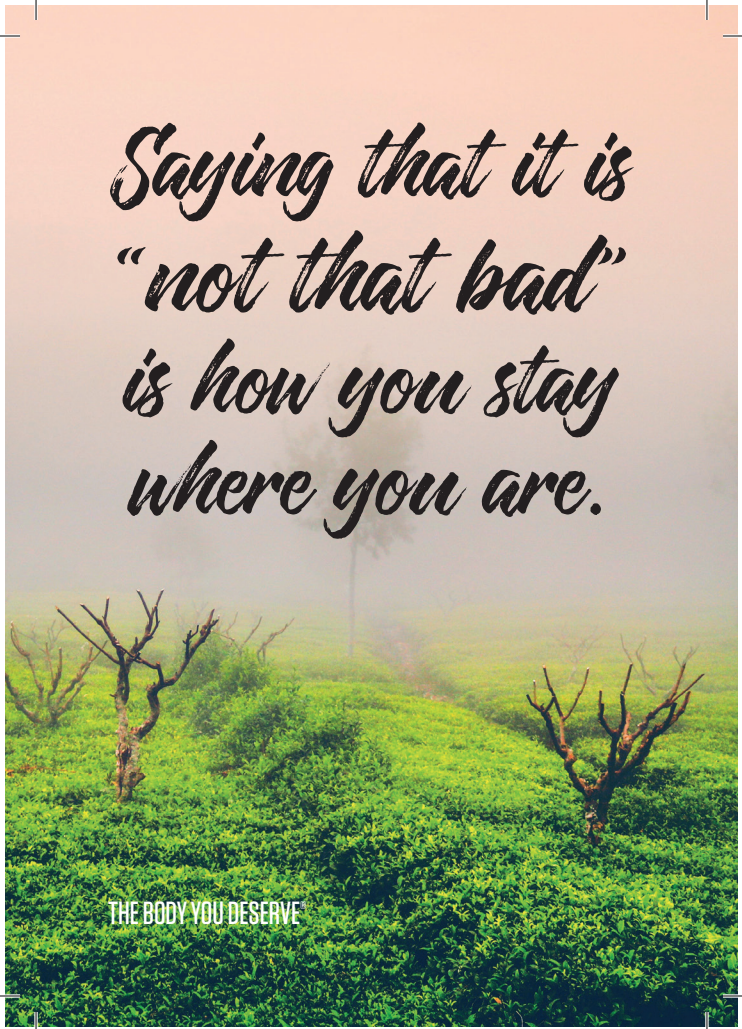
EXTERNAL / MENTAL CUES ARE COUNTERFEIT AND SHOULD BE FOLLOWED WITH AN ACTIVITY OR THOUGHT THAT BREAKS THE CHAIN.

7 EXTERNAL COUNTERFEIT CUES

1. **Location cues** (particular room, certain chair)
2. **Activity cues** (starting or stopping a particular activity like watching TV)
3. **People cues** ("eating buddies")
4. **Occasion cues** (happy hour, parties)
5. **Sensory cues** (advertisements that signal you to eat)
6. **Time cues** (certain time of day)
7. **Mood cues** (boredom, excitement)

GENERAL CUE MANAGEMENT SKILLS

1. Eat only in a specific place at home and at work (not at your desk!).
2. When you're eating, only eat.
3. Swap high-calorie convenience foods for low-calorie healthful ones.
4. Keep food only in the kitchen.
5. Ask for food.
6. Occasionally leave some food on your plate.
7. When you prepare food, put the unused food away before you eat.
8. At the supermarket, buy only foods on the list. Do not shop when hungry.


Saying that it is
"not that bad"
is how you stay
where you are.
THE BODY YOU DESERVE

S-L-O-W-E-R E-A-T-I-N-G

1. Purposefully spend 20-30 minutes eating.
2. Stay relaxed while you eat.
3. Cut your food into smaller pieces.
4. Stop and think about what and how much you're eating.
5. Chew slowly.
6. Swallow each bite before taking the next.
7. Put less food on your utensil.
8. Put your utensils/finger foods down between bites.
9. Pause for a minute or two in the middle of your meal.
10. Assess how full you are and stop when you're comfortably full.
11. Hold your eating utensils in the "wrong" hand.
12. Be the last person to finish eating.

You must know your patterns to master them.

TRANSFORMATIONAL VOCABULARY

Transform the Language of Failure to the Language of Success:

"I'm trying." ⟶ "I must do this."

"I'm starving." / "I'm famished." ⟶ "I'd like something nutritious to feed my body as soon as possible."

"I'm going crazy!" ⟶ "I can handle this."

"I failed once again." ⟶ "I put myself in the wrong state and take the wrong actions. I need to change this now."

THE MODIFIED COMPULSION BLOWOUT

1. **Identify food #1**, the compulsion you'd like to change, **and food #2**, a food you enjoy but don't have a compulsion for.
2. **Close your eyes. See, hear, feel, smell and taste food #1**. *This is experience #1.*
3. **Close your eyes. See, hear, feel, smell and taste food #2.** *This is experience #2.*
4. **Identify differences between #1 and #2.**
5. **Gradually increase each difference.** Does your compulsion to eat the food change?
6. **Identify the Driver Difference** that increased your compulsion the most.
7. **Blow out the compulsion,** rapidly increasing the Driver Difference to its max.
8. **Test it.** Think about the food. Is the compulsion still there?

If you can't,
you must, and
if you must,
you can.
THE BODY YOU DESERVE®

"I CAN DO IT!"

I control the urge. I'm winning!
I'm smiling!

Counterfeit urges don't control me!

Ask yourself questions to break the old pattern. Ask yourself questions to create a new pattern.

Now! Breathe and move!

Drink some water instead of eating unhealthful foods.

"**O**h what a smell!"

Interrupt the pattern!

Trample the urge and **T**arget your desire!

FAT TRANSPLANT THOUGHTS PART 1

I have to have that piece of pie!
My daily choices lead to my goals.

This discomfort will last forever.
I turn challenges into opportunities.

I've failed so many times.
Today is a winning day for me!

There goes my program!
I learn from every experience.

NEVER, NEVER, NEVER QUIT!

FAT TRANSPLANT THOUGHTS PART 2

I'm not losing fast enough.
I'm right on schedule.

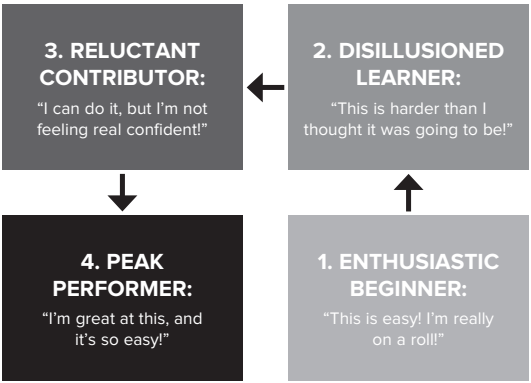
I just don't have it.
I'm in control of my thoughts and actions.

I can't stand it.
I meet my challenges head-on.

THE KEY TO THE UNIVERSE IS THAT YOU CAN CHOOSE!

Turn
challenges
into
opportunities.
THE BODY YOU DESERVE®

4 LEVELS OF DEVELOPMENT



Adapted from Situational Leadership® II developed by Dr. Kenneth Blanchard, Blanchard Training and Development, Inc.

WHATEVER PACE YOU'RE GOING, THAT'S THE RIGHT PACE FOR YOU.

FAT TRANSPLANT THOUGHTS PART 3

I deserve that banana split.
I reward myself with non-food things.

I shouldn't have that ice cream.
I choose to eat and exercise appropriately.

If it weren't for _____, I could lose this fat.
I take full responsibility for my success today.

I'll get back on the plan next Monday.
Now is the only time I can spend.

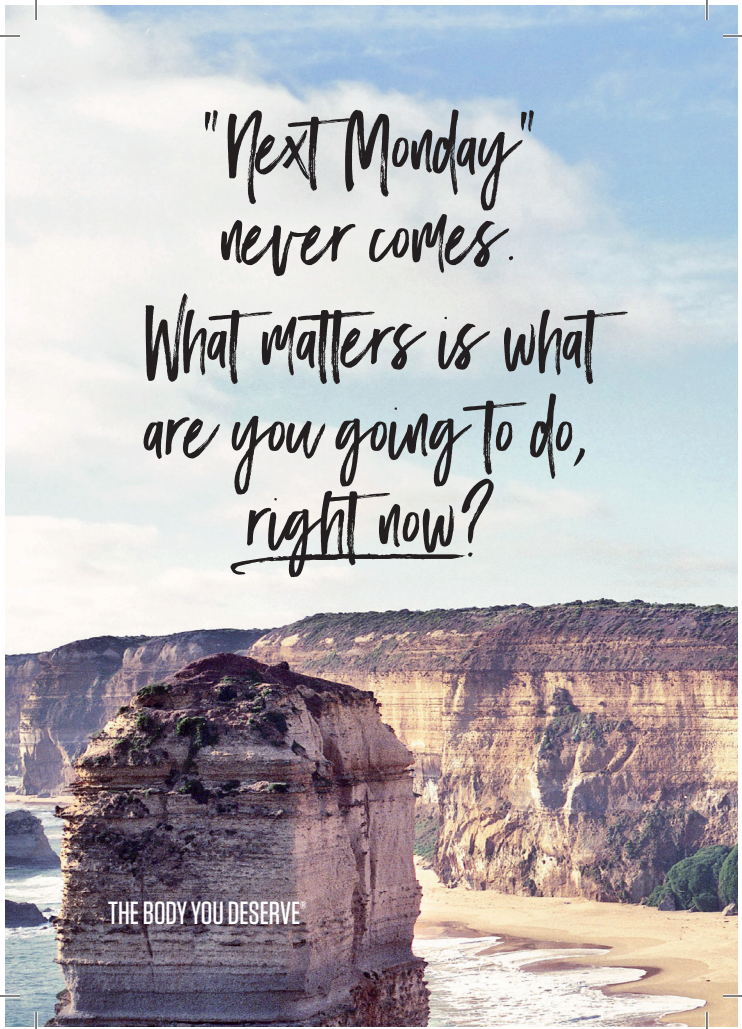
FAT TRANSPLANT THOUGHTS PART 4

The Terrible TOOs.
My focus gets me where I want to go.

One little candy bar won't hurt.
My entire day is my time to succeed.

I can't seem ungrateful.
I say no when it benefits me.

My eating cues automatically lead me to eat.
My eating choices are positive and healthful.


"Next Monday"
never comes.
What matters is what
are you going to do,
right now?
THE BODY YOU DESERVE®

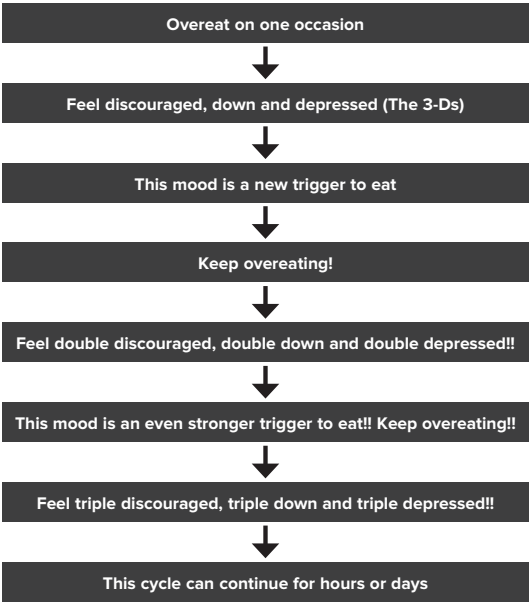
SHOULDS VS. MUSTS

MUST/MUST NOT rules: You always / never do the behavior.*"I must not use drugs."*

SHOULD rules: You ought to (or ought not) do a behavior, and while you don't feel good about breaking your should rule, you do it just the same. *"I should work out 5 times a week."*

PEOPLE WHO HAVE LIGHT AND HEALTHY BODIES HAVE KEY "MUSTS" AND "MUST NEVERS" THAT SWEEP THEM ALONG TO THE BODIES THEY DESIRE AND DESERVE.

ANATOMY OF A BINGE



REWARDS YOU CAN USE

- Buy new clothes in a smaller size
- Wear favorite old clothes that fit
- Do things you couldn't do before
- Measure your thinner body
- Read or listen to music
- Play cards
- Be with someone you love
- Call a friend
- Take a hot shower or bath
- Go to a movie
- Work on a hobby
- Go on a trip
- Give yourself a bouquet of flowers
- Buy a gift for yourself
- Go to a concert or play

POSITIVE STATEMENTS

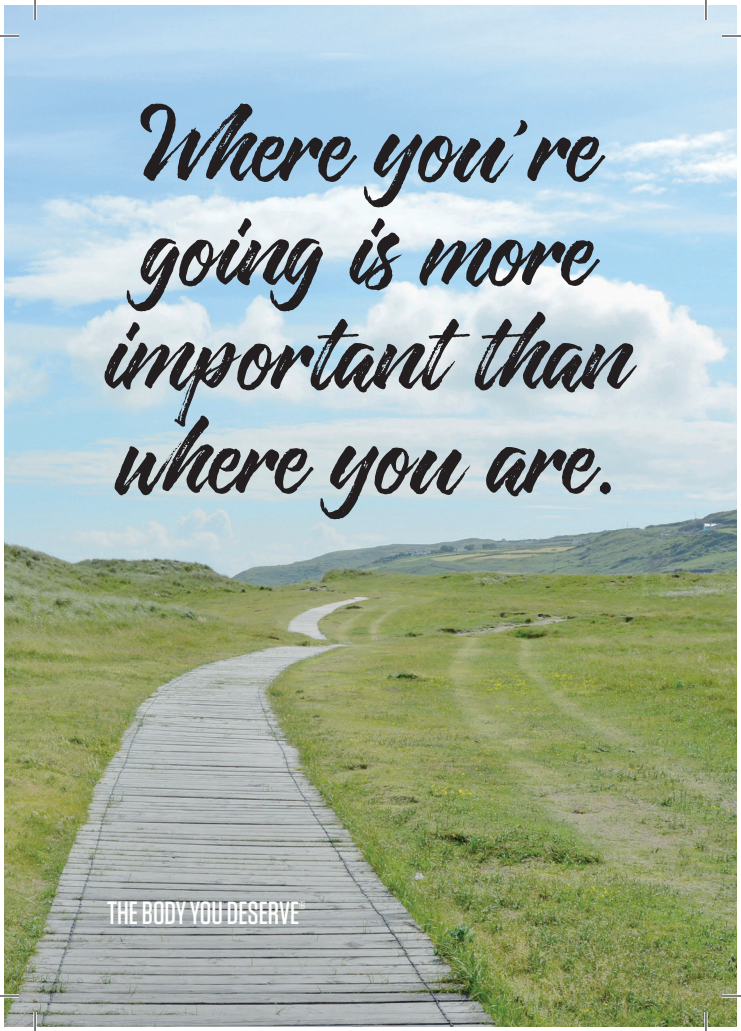
- "I'm proud of what I did."
- "I'm really gaining control."
- "I just made it through a situation that 2 weeks ago would have led me to eating."
- "I'm really looking better."
- "I knew I could do it."
- "I'm going to make it this time."

ANY STATEMENT THAT MAKES YOU FEEL GREAT!

PLEASANT IMAGES

- Imagine yourself receiving compliments on your fat loss.
- See yourself doing a favorite activity and not being tired.
- Imagine yourself at a favorite vacation spot.
- Imagine the fat coming off your body.

ANY IMAGE THAT MAKES YOU FEEL GREAT!


Where you're going is more important than where you are.
THE BODY YOU DESERVE®

SECONDARY GAIN

1. **A secondary gain is a not-easily-seen benefit that a person receives for doing something.** *For example, eating a candy bar for the pleasure it brings while eating it.*
2. **A primary gain is an easily-seen benefit a person receives for doing something.** *For example, eating a candy bar that keeps the person overweight, giving him or her a reason to not participate in an activity (i.e. dating) to which he or she links pain.*

ONCE YOU IDENTIFY ANY POSSIBLE SECONDARY GAINS YOU MIGHT BE GETTING FROM OVEREATING, YOU CAN CREATE NEW EMPOWERING WAYS TO MEET YOUR NEEDS.

It's not just about the number on the scale. True health is when all the systems of your body work together in an optimal way.

THE BODY YOU DESERVE®

4 STEPS OF THE TROUBLESHOOTING PROCESS

Forgive yourself

Investigate the situation

Plan for next time

Practice your plan mentally

IF YOU SLIP EVERY NOW AND THEN, DON'T BEAT YOURSELF UP. GET RIGHT BACK ON TRACK.

POWER QUESTIONS

Morning Power Questions:

1. What am I most happy about in my life now?
2. What am I most excited about in my life now?
3. What am I most proud about in my life now?
4. What are my most grateful about in my life now?
5. What am I enjoying most in my life right now?
6. What am I committed to in my life right now?
7. Who do I love? Who loves me?

Evening Power Questions:

1. What have I given today?
2. What did I learn today?
3. How has today added to the quality of my life or how can I use today as an investment in my future?

PROBLEM SOLVING QUESTIONS

1. What's great about this problem?
2. What is not perfect yet?
3. What am I willing to do to make it the way I want it?
4. What am I willing to no longer do in order to make it the way I want it?
5. How can I enjoy the process while I do what is necessary to make it the way I want it?

Don't just go
for the goal.
Enjoy the
process!
THE BODY YOU DESERVE®